



Food News

Summer Food Program Free

June 4 – July 20, 2012

Breakfast & Lunch

Breakfast Served 7:30 am – 8:00 am

Lunch Served:

Jamaica – 11:30 am - 12:30 pm

Nautilus – 11:30 am - 12:30 pm

Smoketree – 11:50 am - 1:00 pm

Thunderbolt – 12:00 pm - 12:45 pm

Special Days

5/13 ~ Mother's Day

5/30 – 6/26 ~ Summer School

6/17 ~ Father's Day

6/4 – 7/20 ~ Summer Food Program

7/4 ~ 4th of July Holiday

7/9 – 7/27 ~ SMART Math - 9th Grade

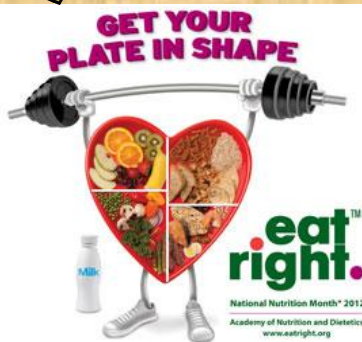
8/6 ~ First Day of School

Fabulous Fruit & Varied Veggies!



Half of your plate should be fruits and veggies!

Raw or cooked, fruits and veggies are your body's best friends.



Don't forget if you receive Free or Reduced-Price Lunch, your child(ren) can also receive Free or Reduced-Price Breakfast.

~ Nutrition and Fun Facts Websites ~

<http://www.letsmove.gov>

<http://www.eatright.org/kids/>

<http://www.healthologyaz.com/>

<http://www.choosemyplate.gov/>

<http://www.nourishinteractive.com/>

<http://www.acefanclub.com/>

<http://www.aramarkschools.com/>

<http://www.superkidsnutrition.com/>

May Recipe provided by <http://www.eatingwell.com>

Old-Fashioned Fruit Crumble

Ingredients

1 ¼ cup Fresh or Frozen Fruit

1 ½ teaspoons (tsp) sugar

4 tsp All-Purpose Flour (divided)

1 ½ tsp orange juice

¼ cup old-fashioned oats

3 tablespoons (Tbsp) chopped almonds

4 tsp brown sugar

Pinch of cinnamon

1 Tbsp canola oil



Instructions

1. Preheat oven to 400°F.
2. Combine fruit with sugar, 1 1/2 teaspoons flour & orange juice.
3. Divide between two 6-ounce ovenproof ramekins.
4. Combine oats, almonds, brown sugar, the remaining 2 1/2 teaspoons flour and cinnamon.
5. Drizzle with oil and stir to combine.
6. Sprinkle over the fruit mixture.
7. Place the ramekins on a baking sheet and bake until the fruit is bubbling and the topping is golden, 20 to 25 minutes.

Go Big C !

Boost your body's defenses all year long!

Eat some every day for a burst of flavor and the C you need!

Your skin, muscles and bones all need vitamin C.

